

Milady's Boudoir

(BY GWEN SEARS.)

Curse of a Bad Temper Can Be Removed by Dieting—Everyday Etiquette—Your Baby's Clothes—Few Fashion Hints—Lingerie Tape for the Woman Who Crochets—Accessories for Sewing Basket—Parted Hair Becoming—Two Good Recipes.



THE DIET OF MILDY.

How often we see women in restaurants at nighttime ordering doughnuts, coffee and perhaps sweet pickles, or worse still, potato salad, ice cream and strong tea. The business woman should learn that her general working ability and efficiency depend very much on her diet.

Highly seasoned foods, game, ragouts and spices, even moderately indulged in, will exercise most deteriorating effects upon a delicate complexion. The woman who has no capacity for restraining a gluttonous appetite will surely acquire, before she is 50, a heated, blotched complexion.

All alcoholic drinks and opiates concur to produce general unhealthy action of the skin, which soon will show dryness, pimples, blotches, and other discolorations. A beautiful girl or woman who makes a habit of taking spirituous liquors deliberately becomes a conspirator against her own fortune. In all cases of over-eating the only remedy that can be applied is the simple one: "Don't do it."

The curse of a bad temper can be removed by the individual effort of each willing student of dietetics, because when the stomach is not filled with indigestible and irritating foods, you have the power to see things in their true light. To improve and increase your brain power should be the aim of the up-to-date modern woman. A woman to be beautiful must be always mentally alert. Mental activity depends upon nerve force for its motor energy, and nerve force must be generated through right foods.

Your nervous energy is deficient when you say your "brain won't work" and you cannot concentrate your mind upon a subject for any of time. Is your face cross and cranky and your head aches incessantly? Don't try to stimulate your brain with wines, liquors or opiates. Look to your diet instead. A digestible, brainy diet will put your nervous disorder to flight.

EVERYDAY ETIQUETTE.

"When should dinner invitations be sent out and what is the proper form to use for a formal invitation?" asked Mrs. Newlywed.

"Ten days is the usual notice given in sending out dinner invitations. The proper form is," said her older neighbor.

"Mr. and Mrs. Carl Graham request the pleasure of your company at dinner on..... evening, at..... o'clock. 20 Maple Avenue."

YOUR BOYS AND GIRLS.

The first three months of the baby's life is spent in long clothes. At the end of that time he is put in short clothes so that he may kick and develop his legs. Don't make this change, however, in cold weather. During the first three months baby needs the protection that the long flannel skirt and dress give. Twenty-seven inches is the best length for the long dresses. If the baby has not grown too stout you can cut off the long clothes when changing to short dresses.

It is most important that the new baby's clothes should fit the body and be neither too tight or too loose, for the free movement of the chest in breathing is apt to be restricted and his digestion interfered with. If the clothing is too tight, a pressure on the stomach also sometimes causes baby to vomit soon after taking his food. On the other hand, if the clothing is too loose, it works into folds and bunches, causing much discomfort.

FASHION HINTS.

There are new designs for embroidering nightgowns and corset covers or combinations. A nightgown with a high empire waistline, embroidered in satin and eyelet stitch, would make a charming gift for a spring bride.

Have you one of those charming, round, flat cushions for your boudoir? If you haven't, why not make one? A pattern for embroidering one of these cushions is sold in an effective design of cherries.

Patch pockets are much in fashion. A young girl's coat, of especially good design, is shown in one pattern with patch pockets on both sides of the full, gathered skirt portion.

LINGERIE TAPE.

Lingerie tape of a most substantial and useful type can be made by the woman who crochets. Crochet a row of chains, the length the tape is to be, then turn and crochet back and forth until the width is from one-fourth to three-eighths of an inch. This tape can be made very decorative by using fancy instead of plain stitches. After the tape is crocheted it is drawn through the underwear, and a crocheted rose is fastened on each end. These roses make a pretty finish, and also prevent the tape from slipping out of the eyelets.

This tape can also be laundered with the garment, thus saving the time consumed in removing and stringing tape each time the piece is laundered.

For one who cannot crochet, this idea offers a suggestion for finishing plain linen tape at the ends. Either

crochet roses or Battenberg lace ring, either of which can be purchased ready made, prevent the tape from slipping out of place and make an attractive finish.

FOR THE SEWING BASKET.

Among the many useful accessories for the sewing baskets are scissors, fitted in leather cases; these may be bought singly or in sets of two, three, four or five. A set of tape needles is a help, a case of needles is a necessity. One may find all sorts of novelties. There are the barrel-shaped cases, fitted with several compartments for the needles of different sizes; then there are the cases like pocketbooks, supplied with needles for fancy as well as plain sewing. There are cases for the thimble and others for thread. In tape measures there are endless novelties and the same is true of the emery and wax.

PARTED HAIR.

In spite of every style that comes and goes in hair dressing, the parted coiffure always enjoys a certain popularity. Just now, the part is on the side, and it is a very becoming part to most types of faces. The sculptors of classical times and many artists of later days—notably Raphael—almost always parted the hair, and it has been said that their reason for doing so was that they wished to impart an intellectual air to the women they created. That, surely, is not the reason the coiffure of today parts the hair of some of its patrons. But his reason is good enough to stand the test of reasonableness; the part of today is becoming.

CHOCOLATE COOKIES.

One cup of sugar, half a cup of melted butter, three-fourths of a cup of sweet milk, two cups of flour, one cup of raisins, one cup of chopped nuts, one egg and the yolk of another. Put half a teaspoon of cream of tartar in the flour and a quarter of a teaspoon of soda in the milk. Melt two squares of unwaxed chocolate, adding last. Flavor with vanilla. Drop on pans and bake in a moderate oven.

VEGETABLE CREAM.

Vegetable cream itself is very good and is used for the basis of many other vegetable candies. To two cups of sugar add one cup of potato (boiled or steamed and forced through a fine sieve), one teaspoonful of butter and half a teaspoonful of salt. Boil to 225 degrees. Form into balls and roll in sugar or grated coconut or dip into crystal syrup and roll in cocoanut.

"The stars incline, but do not compel"

Horoscope

(Copyright, 1915, by the McClure Newspaper Syndicate.) Sunday, March 14, 1915.

According to astrology this is a day in which good and evil influence mingle. Mars exercises a strongly malefic influence early in the day while Jupiter and Venus are friendly.

They who are wise will be cautious in all love affairs today, since Venus gives but mild aid in romance and the tendency to quarrel is increased by the power of Mars. Scandals in the upper classes will be more numerous than ever during the coming summer, it is prognosticated. A national incident will cause much newspaper publicity.

There is a sign said to be exceedingly encouraging for all who would plan new enterprises or activities. The good aspects of Jupiter are supposed to encourage clear judgment, to incline toward honesty and to inspire benevolence.

It should be an auspicious time for ministers to appeal for aid in philanthropic work and a movement to help the poor at home will claim nationwide attention, it is prognosticated. Bankers and financiers have the augury of great prosperity, but there is danger for those who conduct business with small capital. Failures are presaged.

A panic in Wall Street is indicated, but foresight may prevent disaster. An era of extreme reaction toward prudishness is prognosticated. Decorum in dress and manners is predicted.

Literary influences will be apparent in various amusement enterprises for the summer, astrologers declare. The King of Sweden will be subject to unusual lunar influences during May. The outlook for him is good, although his health may be affected.

Since Jupiter is still transiting the progressed Sun this month, honors and increased prestige are predicted for President Wilson. A diplomatic incident that will arouse much public feeling is prognosticated. This will affect certain trade conditions and will have an influence on national politics.

Persons whose birthday it is have the augury of a prosperous year in which they will make financial gains. The young have the prophecy of romance and possible marriage.

Children born on this day have lucky stars to guide them. They are likely to be active, persevering and successful in whatever they undertake.

Monday, March 15, 1915.

According to astrology this is a day for caution, since Saturn and Venus are strongly adverse.

The libation of this day takes place with Saturn and Neptune in a sinister position, while Venus and Uranus are conjoined in the fourth house. This is read as indicating a general outlook that is not reassuring, since it indicates epidemics of disease, especially those that affect the lungs.

There is persistent indication that the postal service will meet extraordinary financial difficulties. This condition will be produced by unexpected circumstances, it is foretold.

The foreign outlook is said to be far from encouraging for the next month. While American commercial interests will improve in some respects, new dangers, not hitherto deemed important, will develop.

During this month the United States and other places under Gemini will be unpleasantly affected by the malign influence of Saturn.

There is a prophecy that scandal will arise from the administration of certain large charities. Graft and bad management will be revealed. There is indication of serious difficulties among members of parliament in Great Britain. Descensions over the war policy are prognosticated.

The stars are read as prognosticating war complications. The seers declare that the young men of the nation will be called on for defensive service.

The spread of peace propaganda will be aided by military agitation and war possibilities, astrologers predict.

Persons whose birthday it is have the augury of an unsettled year, in which money losses are probable. Those who are employed should be exceedingly careful.

Children born on this day probably will have many vicissitudes in life. There is a sinister sign for domestic happiness. Girls should be guarded against marriage with an intemperate man.

IMPROVEMENT PLANNED.

Provo, March 11.—The Mountain States Telephone & Telegraph company will move its poles from Center street, between Fifth West and Third East streets, and run its wires in an underground conduit. There will also be a general overhauling and renovation of the pole lines in other parts of the city. New poles will be put in, and new and additional wires strung wherever needed, by reason of the increase of business or deterioration of the present equipment. The work is estimated to cost between \$50,000 and \$60,000 and will be begun within the next sixty days.

NOTICE

We carry a full line of fruit sprays. Rex lime and sulphur, arsenate of lead etc. Ogden Fruit Co., 2055 Wash. Phone 268.—(Advertisement.)

JITNEY BUSES IN ZION REGULATED

Salt Lake, March 12.—More sweeping than the first and more definite, with a number of important additions, the draft of a new ordinance, designed to regulate jitney buses in Salt Lake, was completed by the city attorney yesterday and turned over to the city commission. It will come up Monday night for its first consideration in new form.

Provisions taken from the copies of ordinances in force in other cities have been added and a number of suggestions made at the two public hearings held on the original have been incorporated.

Ordinary for rent cars such as travel any route at the direction of the passenger, hotel buses and sight-seeing cars are exempt, but all motor-driven vehicles operated for the transportation of the public in competition with the street cars are included.

Briefly, here are the things that it will be unlawful for a jitney operator to do or be under the proposed ordinance:

Operate on any street other than the route designated in the license issued by the city, or fail to operate along that route, according to schedule as outlined in the license. Car of similar make to the one holding the license may be substituted on the route for not more than three days in case of needed repairs.

Stop within thirty feet of any street crossing.

Stand on street longer than necessary to receive or discharge passengers.

Solicit passengers by any noisy method, such as shouting, blowing horn, singing bell or otherwise.

Carry more passengers than can be comfortably seated, provided that children may be taken on the laps of grown-ups.

After a car in any way after license has been obtained without first obtaining permission of the city.

Be under 21 years of age.

Be intoxicated or use liquor while on duty.

Accept for passage any intoxicated or boisterous person.

Smoke while driving.

Refuse to carry free any employee of the police, fire or health departments when in uniform.

Pass any street car or other vehicle engaged in same business for purpose of reaching prospective passengers.

For Protection against the serious sickness so likely to follow an ailment of the digestive organs, biliousness or inactive bowels, you can rely on the best known corrective

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Get Ready for the Easter parade

The "fixing up" idea which absorbs more or less of our attention as the Easter season approaches should not be confined entirely to the matter of clothes. The thought to make oneself as attractive as possible is not at all inconsistent with our Lenten duties and suggests that at least a reasonable amount of attention be devoted to the hair.

Any scheme of adornment to be complete must include the use of

NEWBRO'S HERPICIDE

The Delightful Hair Dressing and Hair Beautifier.

There is a subtle charm about pretty hair, nicely dressed, that lends as much to personal appearance as does the combined action of the beauty doctor and modiste.

Dandruff, which is the cause of most hair troubles, is now known to be a contagious disease. The action of Herpicide is based on this fact and therein lies its great value. By destroying the contagion, Herpicide checks the loss of hair and imparts to it a luster and beauty sought for and admired by all. The intelligent use of this valuable hair saver and scalp prophylactic will correct every condition short of chronic baldness and thus permit the hair to resume its natural growth and luxuriance. There is an exquisite fragrance to Newbro's Herpicide that appeals to every refined taste.

Send 10 cents to The Herpicide Co., Dept. 121-B, Detroit, Mich., for trial bottle and booklet. Sold and guaranteed at all toilet goods counters. Do not accept a substitute. Applications at prominent barber shops.

ser first.

Drive after dark without electric illumination within the car.

Stop to pick up passengers at any greater distance than two feet from the curb.

In addition to the numerous things he cannot do the operator must do the following:

Take out an insurance policy carrying all liability arising from injury or death of any person or persons resulting from operation of car. This policy must be for at least \$5000 in case of injury or death of one person and at least \$10,000 in case of injury or death of more than one.

Bond is Required. File a bond with the city for \$5000 to protect city from liability arising from operation of the car.

Equip back wheels of car with non-skid tires within sixty days from time of passage of ordinance; also equip with tire chains whenever the weather requires.

Carry all hand baggage of passengers without extra charge.

Turn over to the police department all articles left in car by passengers.

It is provided that the fare charged shall not exceed 5 cents when the car is operating over a regular route.

The provisions of the original ordinance requiring all operators to pass examinations and meet the requirements of the city commission are included in the new draft.

APPOINTMENTS ARE CONFIRMED AT THE LAST MOMENT

Salt Lake, March 13.—After holding off all day on concurrence in Governor Spry's appointments, the Democrats and Progressives in the senate related yesterday afternoon and the appointments were approved under a suspension of rules.

The appointments were submitted to the senate Thursday night, but the minority blocked approval of them. It required a two-thirds vote to suspend the rule requiring that appointments must go over for a day before being considered. Senator Willard Hansen, who had voted with the minority to block a suspension of the rules, voted with the rest of the senate to confirm the appointments.

He explained his attitude on the appointments and at the same time engaged in a tart passage with Senator Charles Cottrell of Salt Lake. Senator Hansen's son, Willard Hansen, was not reappointed state dairy and food commissioner.

"I came in just as this question was being voted on last night," explained Senator Hansen. "I wanted time to consider the appointments. Of one appointment I was interested in. I learned today from Boxelder county that the person I had in mind was not a candidate. As to the other appointment, the dairy and food commissioner, I wish to say that as the bureau is now constituted, the present commissioner would have resigned immediately had he been reappointed."

Senator Cottrell has just been named a member of the dairy and food bureau by the governor. Senator Cottrell interrupted Senator Hansen at the beginning of his talk. "Keep quiet; I have the floor," said Senator Hansen.

The Funk bill, which prohibits the shipment of intoxicants from "wet" territory into prohibition sections of the state, reached the governor late yesterday afternoon. The bill was passed unanimously in the senate, and in the house there was only one negative vote.

The governor is known to be much interested in this measure, and in the event that it does not violate any constitutional provision, the prediction is made that the governor will sign the bill.

Under the provisions of this bill, it will be practically impossible for per-

sons to obtain liquor to be used for

unlawful purposes in "dry" territory. This bill, it is declared, will make it much easier to enforce prohibition in the "dry" sections of the state than at present.

A batch of bills were passed in the senate yesterday morning on a special motion resuscitating them from the death imposed by the vote of the day before. Most of them were house bills and needed only the action of the senate and the signatures of the presiding officers.

The list included Morris' house bill No. 40, appropriating \$50,000 for the Indian war veterans. House bill No. 79, to prevent drug fiends from securing "dope," and house bill No. 160, designed to obviate the bother of county treasurers' bonds, such as attached R. C. Naylor recently, were among others passed. House bill No. 50, permitting lawyers to say where legal printing shall go, and a number of other house bills, were rushed through by the special process.

A special motion to legalize the bills called up after elimination of enacting clauses was put and carried.

CITY ANSWERS IN A DAMAGE SUIT

In the \$500 damage suit of C. H. Spriggs against Ogden city and G. A. Heman, the city has answered by denying the allegations and charging contributory negligence on the part of the plaintiff.

The city also avers that the work on the street was being done by the defendant, G. A. Heman, and that he had full and complete control of the situation and care of the alleged excavation, and also, that the plaintiff knew of the condition of the street when he is alleged to have stepped into a depression.

DR. R. N. CONWELL AT THE TABERNACLE

Dr. Russell H. Conwell of Boston appeared last night at the Ogden tabernacle, under the auspices of the Weber academy and delivered his famous lecture, "Acres of Diamonds," before a large audience. The lecture proved masterful from beginning to end, combining rare phases of the philosophy of life with a recital of

personal experiences that were deeply interesting.

Among other things, he told of how men became possessed of the "new derelict" and, answering its call, left their native homes and went into new fields to find success, when, if properly handled, their home fields would have proven the best.

He also discussed the question of charity, saying that the present methods of displaying this virtue were entirely wrong and that instead of "giving" to the poor, the more fortunate people should help them by assisting them to solve their problems of life and to stimulate them to get out of the mire of adversity. The poor boy, he declared, is more fortunate if he achieves wealth, than is the boy who inherits it, and that inherited wealth is not a benefit.

Speaking further, Dr. Conwell urged his hearers to supply a need when found and said that when a person is facing a problem, the way to do is to "get in and solve it."

EVANSTON BEATS COALVILLE.

Evanston, Wyo., March 12.—An intermountain championship game was played at Evanston tonight, in which Coalville's first basketball team was defeated by the Evanston all-stars by a score of 44 to 32. The game was fast and snappy throughout.

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